

Resting in the Dark...Emerging in the Light
September 23 - 24, 2017

Name _____

Address _____

Phone _____

Email _____

Special needs? _____

Emergency contact: _____

Emergency contact #: _____

- _____ I wish to pay in full - \$175
- _____ I wish to pay \$50 non-refundable deposit
- _____ I wish to make a donation to Siena Retreat Center

Check one of the following:

_____ Check is enclosed (make check payable to: **Siena Retreat Center**).

_____ I wish to pay by credit card

- Visa** **Mastercard** **Discover**

Card # _____

Security Code* _____

Exp. Date: _____

Signature: _____

* found on back of card

Mail to:
 Retreats, 5637 Erie St., Racine, WI 53402
www.SienaRetreatCenter.org

**Resting in the Dark...
 Emerging in the Light**

Brief Biography

To assist Melissa and Pete in their retreat planning and in their facilitation, please complete this insert as best you can and return it along with your registration form. Thank you.

Your first and last name: _____

Name of your deceased loved one: _____

Date of death: _____

Your relationship to the deceased (i.e. spouse, sibling, child, friend, parent, partner etc.): _____

If spouse, how many years married: _____

If parent, how old was your child: _____

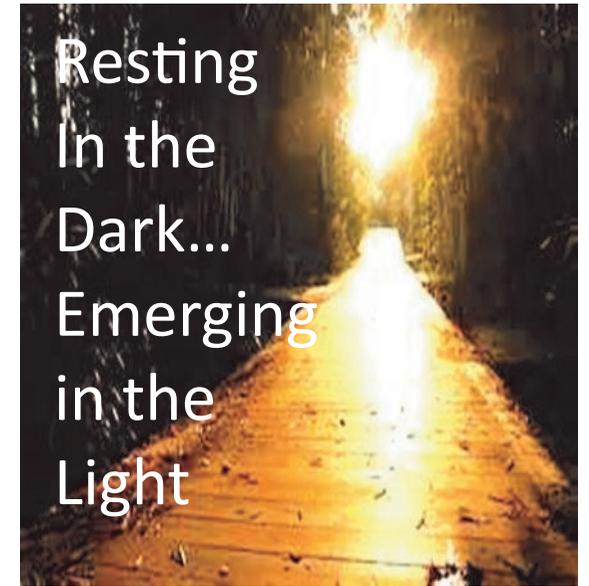
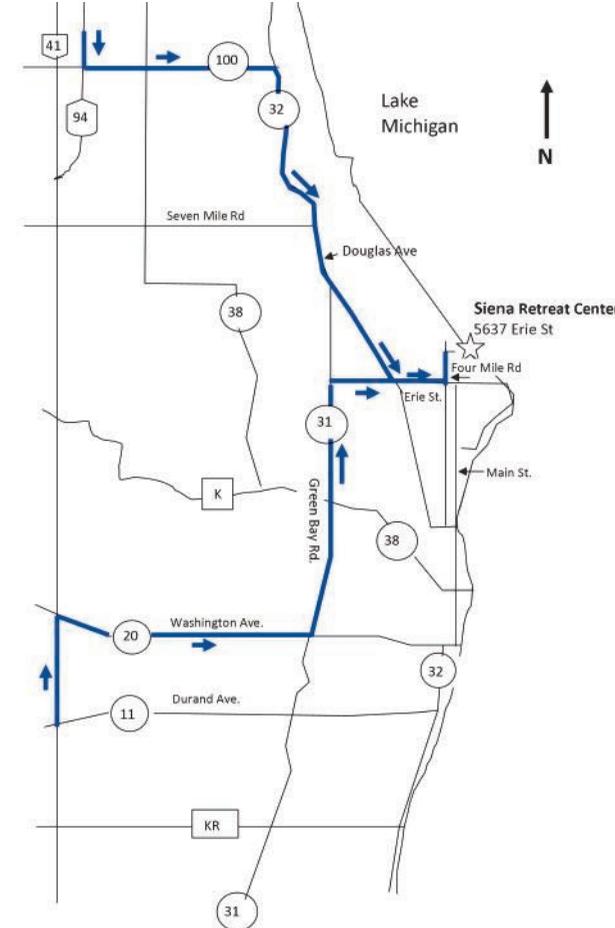
Briefly describe how the death occurred: _____

Anything else you wish us to know: _____

From Milwaukee Area:
 Exit I-94 at Hwy 100 (Ryan Road); LEFT on Hwy 100 to Hwy 32 (4.4 mi); RIGHT on Hwy 32 to Four Mile Road (6.5 mi. along Hwy 32); LEFT on Four Mile Road to Erie Street (1.1 mi). Turn LEFT on Erie Street to SIENA CENTER (0.7 mi). Driveway on right.

From Chicago Area:
 Exit I-94 at Hwy 20; RIGHT (east) on Hwy 20 to Hwy 31 (5.4 mi); LEFT on Hwy 31 to Four Mile Road (4.6 mi). Four Mile Road is at the stop light just after you cross a bridge. Turn RIGHT on Four Mile Road to Erie Street (3 mi); LEFT on Erie Street to SIENA CENTER (0.7 mi). Driveway on right.

You may also want to check on the I-94 website for the latest construction updates: www.plan94.org



A retreat for those grieving the death of someone in their life, months or years ago...

**Saturday, September 23,
 9:30am, to
 Sunday, September 24, 1:00pm,
 2017**



5637 Erie Street
 Racine, WI 53402
 (262) 898-2590

retreats@racinedominicans.org
www.SienaRetreatCenter.org

Resting in the Dark...

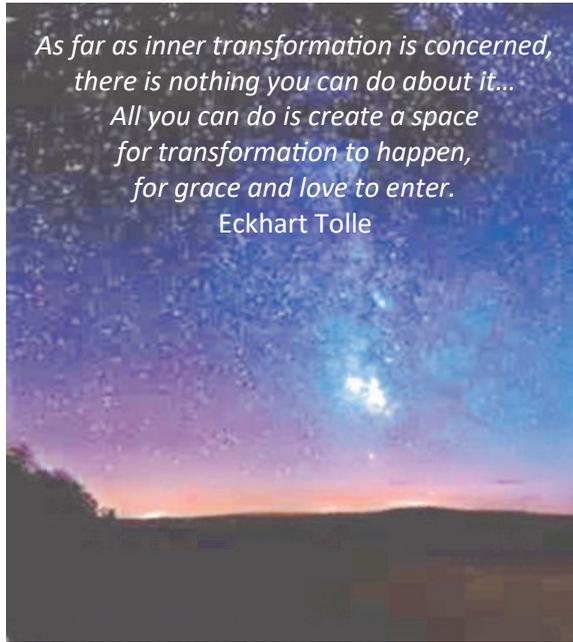
Emerging in the Light

Often the experience of loss—and the grief that follows—is described as a darkness...a wandering through the dark. The constant state of fog is as though a cloud follows, no matter where we are or who we are with. This journey through darkness is natural and essential for the slow, silent gestation of our becoming, of our growth, indeed, for finding new life.



On this retreat we are invited to rest in this inner darkness, not to resist it or fear it, but to befriend it and welcome the penetrating glimpses of light that give us hope and reason to go on so we can emerge stronger and with deepened faith.

'What the caterpillar calls the end of life, the Master calls 'the Butterfly.'



As far as inner transformation is concerned, there is nothing you can do about it... All you can do is create a space for transformation to happen, for grace and love to enter.
Eckhart Tolle

Offerings during the retreat will include:

- * Guided Reflection
- * Discussion
- * Opportunities of Silence and Solitude
- * Journaling & Creative Expression
- * Prayer and Meditation
- * Lessons from Creation

\$175.00 includes lodging, meals, snacks, materials and handouts

Schedule

Check-in between 8:30am & 9:15am on Saturday, September 23. The retreat begins at 9:30am and concludes with the noon meal on Sunday, September 24.

Registration

Space is limited. Please complete the registration form and the brief biography form and return them by Friday, September 7.

Melissa Minkley, MSW, is the co-founder of *Healing Life's Losses* grief services and is a social worker with over 20 years of



experience in psychosocial oncology and bereavement counseling. She has companioned adults and children in individual, support group, workshop and retreat settings focusing on enhancing ones holistic well-being. Her personal experience of loss has given Melissa insight into the impact grief has on individuals, families and friends.

Pete Reinl, CSG, is the cofounder of *Healing Life's Losses* grief services and is a companion and spiritual guide with over 25



years of pastoral ministry experience serving in various roles within faith communities, retreat centers and funeral homes. He has spent the last twelve years of his ministry companioning the bereaved and training others who wish to be companions. His background includes certification in pastoral ministry and he is a graduate of Siena Retreat Center's Spiritual Guidance Training Program. Having experienced several significant losses in his life, he brings with him a wealth of personal experience in addition to his professional background in loss, grief and healing.



"You don't heal from the loss of a loved one because time passes; you heal because of what you do with the time."

Carol Crandall



Siena Retreat Center, located on the shores of Lake Michigan, features bedrooms with private bathroom, building-wide Wi-Fi access, delicious meals, and a hospitable, nurturing environment. Siena Center also has facilities available for rental by groups for their own retreats or workshops. The retreat book and gift shop contains a wonderful selection of contemporary books on spirituality, along with music, cards, candles, weavings, statuary, and fair-trade items.



A Sponsored
Ministry of the
Racine Dominicans